

# HAMPSHIRE TOWNSHIP PARK DISTRICT

## 3<sup>rd</sup>/4<sup>th</sup> Grade Boys/Girls BASKETBALL RULES

### 2022

#### Game Rules

1. **Length of games** – Four – 5 minute quarters stopped clock. The clock **DOES NOT** stop on a made basket. Teams will not change baskets after halftime.
2. **Timeouts** – Each team will be given 4 time-outs per game. Time-outs are 30 seconds in length. Referee(s) and HTPD staff reserve the right to decline a time-out if deemed detrimental to the game, or is unsportsmanlike in nature. (*i.e. calling a time out with 10 seconds left in the game with the lead to try and score more points.*)
3. **Overtime** – In the event of a tie game at the end of 4 quarters. A 2 minute overtime period will be played using a stopped clock. Each team will be given 1 time-out. Personal fouls carry over into overtime. Timeouts do not. Because of time constraints only 1 overtime period will be played. If the game is still tied after 1 overtime, the game will end in a tie.
4. **Ball Size and Rim Height** – 3<sup>rd</sup>/4<sup>th</sup> grade boys will use 28.5 and 3<sup>rd</sup>/4<sup>th</sup> grade girls will use 27.5. Both groups will play on a 9' rim.
5. **Substitutions** – At the end of each quarter, every player on the bench must come into the game (if attendance permits.) It is the intent that every player, regardless of skill gets an equal opportunity to play. The only other time substitutions can be made is if a player has 3 fouls in the first half, a player has an injury/illness, coach/referee(s) believe a player is being disruptive to the game, or if a team has more than 10 players. All subs must be done during a dead ball and coaches must notify the scorekeeper ahead of time.

*Coaches- If there is ever a discrepancy regarding playing time of players, please notify the referee or the scorekeeper. Please notify the other coach before the game begins if any of your players must sit out for certain lengths of time for any reason.*

6. **Fouls** – All fouls are under referee's discretion and are final.
  - 5 personal fouls per game. On the 5<sup>th</sup> Personal foul, that player must sit out the rest of the game.
  - Technical and flagrant fouls count as 1 personal foul. – The referee(s) and HTPD staff reserve the right to eliminate a player for the rest of the game if he/she believes the fouls is severe. All decisions by the referee(s) or HTPD staff are final.
  - On the 10<sup>th</sup> team foul in each half, free throws will be awarded. 2 shots will be awarded. There will be no 1 and 1 situation.
  - If a team is unable to field 5 players due to foul trouble, the opposing coach will choose the player that may re-enter the game in order for the team to field 5 players. Players who have been eliminated by the referee(s) or staff may not be chosen to re-enter. In this case, the other team should lend 1 player to the other team or finish the game playing 4v4.

*Never argue a call with a referee or try to call out your own belief of a foul or violation. Referees will always try their best to make the right call in a split second. Sometimes this may lead to a missed call or a wrong call. Please understand, this is recreational basketball and no standings are kept. Be respectful to the referees! Referees and HTPD staff reserve the right to hand out technical fouls or remove coaches from the gym who argue calls in excess.*

**Free Throws** – Free throws will be taken from the red line in front of the black free throw line. The

shooter may jump over the line on his or hers free throw attempt. However, if the shot misses, the shooter cannot be the first to touch the ball. A free throw attempt must make contact with the rim, the shot will be blown dead if it does not.

- **Before every game each player present will shoot 1 free throw – Each will count on the scoreboard as (1) point for their team before the game begins. If 1 team has more players than the other, the team with few players will shoot the same number of shots as the other team. The coach of the team with the less players will choose which players will shoot more than once from their team. If this is a common occurrence, that coach should use a different player throughout the season to shoot the extra free throws. Coaches call a referee, scorekeeper, or HTPD staff member over before you start your free throws. Teams should encourage their own teammates regardless of misses or makes. The opposing team or spectators may not yell at the other team during their free throws. If this happens, it may result in forfeiting 1 or more made free throws for the team at fault.**
  - Players occupying marked lane spaces may leave the lane spaces when the ball is released.
7. **Possession** – Jump balls will begin each game. All kids should be given the chance to participate in the jump ball throughout the season. If coaches only select their tallest player, a referee or HTPD staff member reserves the right to pick a new child to participate in the jump ball.
- The team obtaining control from the jump ball establishes the alternating possession procedure, and the arrow is set underneath the team “Home” or “Away” on the scoreboard.
  - For all other jump ball situations, including the beginning of the remaining quarters, the alternate possession rule will be in effect.
8. **Defense** – Every team must play man-to-man defense throughout the season.
- No double-teaming is allowed – Help defense is NOT considered a double team.
  - Double-teaming is considered when two defenders are on guarding the ball handler for a substantial period of time.
  - The referee(s) will allow 3 seconds of help defense. If the player who helped does not return to guard their assigned player. The referee(s) will whistle the play dead and reward the offense with the ball underneath the opposing teams basket, regardless of where the double team took place.
  - No double teaming will be called on shot attempts.
  - If a turnover occurs before the 3 seconds is called, the ball will NOT be returned to the offense.
9. **Defense pick-up** – Ball handlers will have 10 seconds to cross the mid court line. No backcourt defense is allowed. On the case of a rebound or turnover everyone must drop back to the other side of the court.
- In the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> quarter, defense is only allowed to be played on the ball handler once they cross the blue line. Once the ball crosses the blue line, the offense forfeits the space and the defense may follow the ball handler back over the blue line.
  - In the 4<sup>th</sup> quarter, the defense can pick up the ball handler once they cross the half court line. – Once a team has a lead of 10 points or more, that team must play blue line defense.
10. **Fast breaks** – Fast breaks will be allowed during the entire game. However, if a team has a lead of 10 points or more, that team must NOT utilize a fast break. The team must stop and let the defense fall back into position. The referee(s) reserve the right to stop a play if they deem it a fast break. In this case the ball will remain with the team that had possession during the fast break. However, it will be inbounded at midcourt to allow the defense to set up.

*The idea of the game is to NOT blow a team out, everyone should leave the game feeling good about the game that they played and should never feel dejected.*